

Connections

A Publication for Employees of the Missouri Department of Transportation

March 27, 2014

Central Office

Districts

Northwest

Northeast

Kansas City

Central

St. Louis

Southwest

Southeast

Archives

Print Page

Print
Entire Edition

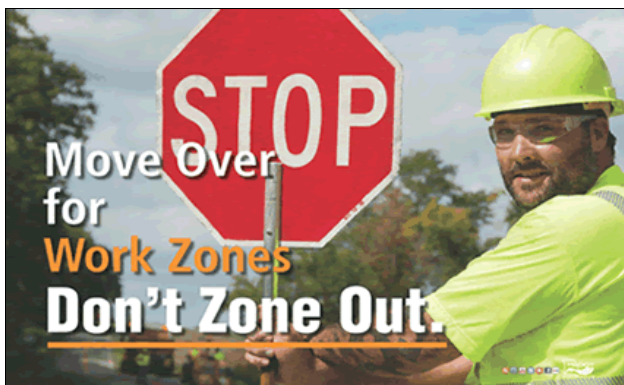
Move Over for Work Zones - It's the Law

Work Zone Awareness Week is April 7-11

by Linda Wilson Horn

Every spring, MoDOT starts preparing for the summer season of roadwork across the state. Part of that preparation includes the observance of National Work Zone Awareness Week, April 7-11.

This year's message is "Move Over for Work Zones. Don't Zone Out!" In 2012, Governor Jay Nixon and the Missouri General Assembly added MoDOT vehicles to the "Move Over" law, which protects law enforcement and emergency response vehicles parked on the side of the road. This law requires motorists to slow down or change lanes when approaching these vehicles and now includes MoDOT vehicles parked with amber and white lights flashing.



"The law is simple: If you see flashing lights on the side of the road, move over to give workers and emergency personnel plenty of room to stay safe," said MoDOT Chief Engineer Ed Hassinger. "If you can't move over on a crowded highway, you should slow down as you pass them. We want you and our workers to make it home safe every day."

Work zones come in many forms. Sometimes it is the same lane closed every day for the construction of a roadway or a bridge. Sometimes the work zone changes for day to day maintenance of the roads.

"Not all work zones look alike," said MoDOT State Maintenance Engineer Beth Wright. "We remind motorists that work zones can be moving operations, such as striping, patching or mowing. They can also be short term, temporary lane closures to make quick repairs or remove debris from the roadway."

Work zone safety is a serious matter. Check out these current statistics:

- In 2013, eight people were killed in work zones, compared to seven in 2012.
- Between 2009 and 2013, 53 people were killed and 2,781 people were injured in Missouri work zones.
- Since 2000, 16 MoDOT employees have been killed in the line of duty.
- The top five contributing circumstances for work zone crashes in 2013 were following too closely, improper lane use or changing lanes, inattention, driving too fast for conditions and failure to yield -- in that order.
- The best defense in a work zone crash, or any crash, is a seat belt. In 2013, 63 percent of vehicle occupant fatalities were not wearing a seat belt.

As part of Work Zone Awareness Week 2014, MoDOT is distributing two public service announcements. One features Clifton Scott, a MoDOT Motorist Assist Operator who was killed on Interstate 70 in Kansas City in September 2012. Clifton was interviewed several years ago by a Kansas City television station, urging motorists to be cautious as they approach work zones. In the video, he speaks of his desire to safely return home to his family every night. The second video features educational information on the "Move Over" law.

[Clifton Scott Video](#)
[Move Over Law](#)

MoDOT Employee Survey Is In The Mail

By Jim Dickson

MoDOT employees should watch their home mailboxes in the coming week for this year's employee survey. The survey will arrive in a MoDOT envelope and will include a letter from Director Dave Nichols. However, the remainder of the survey process will be conducted by an external consultant to keep employee responses confidential. Beginning this year, employees will have the option of completing the survey online at the consultant's website.

"Listening to you is an important part of my job as your director," said Nichols. "This past year, I have had the privilege of talking to hundreds of MoDOT employees from all over the state. But I need to hear from

every MoDOT employee. That's why it's important for every MoDOT employee to participate."



Employees can fill out either version of the survey during normal working hours. However, supervisors may ask employees to do the survey at the beginning or end of the workday to reduce the impact on a work group. Employees who choose to complete the survey at home will be on their own time.

This year's survey will once again collect employee written comments. And as was the case in previous surveys, those comments will only be seen by MoDOT's director, chief engineer, chief financial officer and the human resources director. Comments involving issues of discrimination, harassment or illegal employee activity will be forwarded to the Audits and Investigations Division. While a summary of the types of written comments received will be included in the final report, details that might track the comments to an individual person or work unit will be removed.

The overall results will be analyzed at the statewide level as well as all seven districts and the Central Office. The final survey report will be posted on the department's intranet in July. But that's not the end of the process. In the months following the final report, the consultant will work with MoDOT senior managers to develop action plans to address issues identified in the survey.

Clean Up Missouri During MoDOT and MDC's Annual Trash Bash

by Linda Wilson Horn



MoDOT and the Missouri Department of Conservation are once again sponsoring the annual No MORE Trash! Bash. During the Bash, Missourians from every corner of the state are asked to do spring cleaning outdoors and help fight litter. Roadsides, parks, neighborhoods, rivers, streams, trails are some of the areas that need the annual cleaning.

Programs like the Bash, Adopt-A-Highway and Stream Teams help offset the cost of litter clean up and allow MoDOT and MDC to devote resources to other much needed tasks. In 2012, Missouri Stream Team Program volunteers removed 689 tons of litter from waterways and dedicated over \$3 million dollars' worth of volunteer time to litter removal statewide. Annual volunteer efforts to pick up trash on Missouri highways are valued at \$1.5 million.

"Litter is a big problem because it's unattractive, costly, and harmful to the environment," said Stacy Armstrong, MoDOT No MORE Trash! coordinator. "If more people would keep their trash and properly dispose of it, or, better yet, recycle it, we would reduce the amount of litter we need to pick up in the first place."

Littering isn't just ugly, it also hurts wildlife and Missouri outdoors.

"Birds, fish, turtles and other animals get tangled in litter, such as plastic six-pack holders and fishing line, and it can kill them," said Conservation Department No MORE Trash! Coordinator Joe Jerek. "Litter poisons fish, birds and other wildlife and can cost a litterer up to \$1,000 in fines and one year in jail."

Volunteers are needed across the state to participate in litter cleanup activities. As a thank you to volunteers who report their cleanup will receive a thank you No MORE Trash! pin specially designed to commemorate the 30th birthday of Peanut the Turtle.

To join in the cleanup, visit <http://www.nomoretrash.org/> or call 1-888-ASK-MODOT (1-888-275-6636).

Team Talk

by Roberta Broeker

After a winter like the one we've had this year, many of you probably have grown to appreciate (or dread) your local meteorologist's daily weather forecast. Every morning, that person has to examine a set of variables, evaluate current conditions, and make an educated prediction about what the weather will be like for the next few days. Sometimes they are spot on, and sometimes they miss the mark.

That's the same kind of evaluation, although far more precise, we make when we create a forecast of MoDOT's finances. We look at the expected revenues and expenses for the department, consider all the variables involved, and "forecast" our budget for the next five years.

While the weather report only looks at a few days at a time, we look five years out so our forecast can help us prepare for the long term. That's why our most recent forecast predicts exactly what we have anticipated for many years: falling revenues and rising costs are moving us to a point where we will no longer be able to maintain the transportation system we have.

Earlier this week I sat down to talk about MoDOT's funding forecast and what it could mean for transportation in Missouri. Please take some time to watch that video and learn more about MoDOT's budget and what the future holds for the department and transportation in Missouri.

If you have any questions, I'd love to hear them.



Updates Coming to EAC Concern Form

by Matt Sonner

Within the next month, employees will see a change to the EAC concern form. The statement below, in italics, will be added to both the electronic and written concern forms.



The reason for the change is so that employees submitting a concern form can let the EAC know if identifying information can remain in the concern. While the concern can still be anonymous, allowing identifying information to remain in the form helps leadership better address the concern. The yes or no check box will be a required field on the electronic version.

*The EAC members are committed to protecting the confidentiality of MoDOT employees who submit concerns. Part of the protection includes removing identifying information, including names, job titles, divisions, sheds, locations, etc., from concerns before submitting them to a member of senior management for a response. **We may only include identifying information with the permission of the submitter.** Please answer the questions below. You may still remain anonymous.*

*May we include any identifying information included in your concern when we submit to senior management for a response? **Yes** What information may we include? **No***

Please feel free to let the EAC know if there are other changes you would like to see made to the form.
Email address - eac@modot.mo.gov.

The EAC's February minutes are now posted on the web at - <http://wwwi/intranet/eac/documents/February2014.pdf> (link works for active employees only).

Medical Plan Changes Beginning Jan. 1, 2015 *What Employees Should Know*

The Missouri Highways and Transportation Commission approved changes to our medical plan beginning Jan. 1, 2015.

The changes will allow MoDOT to maintain affordable, high quality medical coverage for employees and retirees in today's financial situation of declining revenue and rising medical costs. The changes will save \$126 million.

The changes are not new. MoDOT staff has been reviewing potential options on behalf of the Commission for the past few years, and some changes have already been made.

Retiree Medical Benefits

Retiree medical premiums will be based on the total years of service. The Commission will contribute 2 percent per year of service, not to exceed 50 percent of the total premium.

- The 2 percent per year contribution and 50 percent cap applies to the total cost of the premium no matter what level of coverage the retiree is enrolled in.
- Years worked using the backdrop option count towards your years of service.
- Time transferred from other state agencies count towards your years of service.
- Military and other time purchased from MPERS and credited as retirement (such as law enforcement) count towards your years of service.
- Only full years will count, partial years will be rounded down.
- These changes are for both Medicare and non-Medicare members.
- Employees choosing to retire before the changes take affect must retire by Dec. 1, 2014.
- A Notice of Retirement form must be received by MPERS by Oct. 31, 2014 in order to retire effective Dec. 1, 2014.

The changes to retiree contributions may affect active employee's decision on the timing of their retirement. No two employees' situations are alike. Several factors will determine the best option for employees, such as the subscriber category they are enrolled in, their years of service, when they are eligible to retire and when they want to retire.

Active Employees' Benefits



Most active employees have been paying 20 percent of their premium for some time. Beginning Jan. 1, 2015, active employees enrolled in the subscriber only category will begin paying 20 percent of their premium. Currently, the percentage paid by these employees is 16 percent. This will complete the transition to employees in this category paying 20 percent of the premium and the Commission paying 80 percent. Now, all active employee categories will have the same cost share percentages.

For More Information

An extensive FAQ provides more detail on the retiree contribution changes and other information. Read the information, visit with Risk and Benefits staff, and attend upcoming retirement seminars if eligible (April thru Sept. at various locations across the state).

Detailed Information - [Information](#)

Seminar Dates - [Seminars](#)

Safety Begins With Me Awards Program Update

Safety Begins With Me Awards Program began July, 2013.

The program was created to recognize all eligible safety-sensitive and non-safety-sensitive employees, and safety-sensitive work units, who have an exceptional safety record within a calendar year.

Since the program began in July, the first eligibility time-frame was July thru Dec. 2013, with the first semi-annual awards being distributed after January 2014.

Unfortunately, some unforeseen vendor issues caused a delay in the first round of awards.



We Haven't Forgotten You!

- An existing vendor will provide awards for this past eligibility period.
- There will be three selections for safety-sensitive employees and three for non-safety-sensitive employees.
- Districts and divisions are taking eligible employee's orders through April 4. Once the merchandise is received, districts and divisions will distribute to those employees.
- This round of merchandise will not be personalized with the Safety Begins with Me or MoDOT logo, because it is more important to recognize employees for working safely during the first quarter of the program, rather than waiting for the personalization. In the future, the plan is to include a logo on the awards.

Moving Forward With the Program

Eligible employees will receive an individual award once per year, and eligible safety-sensitive work units will receive a team award twice per year. At the discretion of the district or division, a meal may also coincide with the awards once per year.

Award time-frames

- Jan. thru June eligibility time-frame – semi-annual awards given in Aug./Sept.
- July thru Dec. eligibility time-frame – semi-annual awards given in Feb./March
- Annual awards given the following year (example: calendar year 2014 given Feb./March 2015)

What is most important is that employees work safely so everyone goes home uninjured at the end of each day.

Thank you for your patience and for taking time to be safe!

Safety Campaigns Update



Choose Your Ride

The Missouri Coalition for Roadway Safety launched their annual impaired driving campaign during St. Patrick's Day weekend. The campaign, "Choose Your Ride," reminded motorists that if they drink, they should designate a driver, call a cab, or face a ride in a patrol car, or even worse – a hearse.

Drinking and driving is a lethal combination. A person causing a fatal crash while intoxicated can be charged with involuntary manslaughter, a felony resulting in up to seven years of prison time, a \$5,000 fine, or both. Remember to always Choose Your Ride!

Watch a video that kicked off the campaign in Kansas City – [Choose Your Ride](#).

To learn more, visit the Missouri Coalition for Roadway Safety website at savemolives.com, Facebook and Twitter.

You Didn't Buckle Up? That Could Kill You!

After the long, cold Missouri winter most teens are anxious to shake off the cabin fever and enjoy some time outdoors. It could be a road trip for spring break, or just a drive into town to see some friends - but you can bet they'll be out on the roadways in record numbers very soon.

That's why the Missouri Coalition for Roadway Safety wants teens to think about how dangerous a car ride can be if they don't buckle up. "How to Live" is a new teen seatbelt campaign that relates something completely crazy and dangerous to not wearing a seatbelt, such as feeding a bear or performing a self-appendectomy. Most people would never put themselves at risk doing such things, but put themselves at risk every day when they ride in

a vehicle and don't buckle up.

Watch two of the campaign videos: [Feeding A Bear - Self-Appendectomy](#)



Fatality Update



What's Happening



Chat With the Chief

Remember to check out Chief Engineer Ed Hassinger's blog post, [When It Comes to Safety, Plan for Everything - Chat with the Chief](#).

Library Tools	
Documents	Library
MoDOT SharePoint - Statewide Emails - All Documents	
Divisions & Business Offices Safety Program Search Help from IS	
Type	Name
	February EAC Minutes
	Ron Cordes retirement flyer 3990
	Reminder-Ron Cordes Retirement
	Payroll Announcement for 031414 Check
	INFORMATIONAL SharePoint Maintenance this weekend
	Connections Available 5315
	Contact
	Retiree Death Notice -- Theron O. Miller

Statewide Email Update

As you know, the intranet homepage includes a link to all statewide emails which are sent to the “users” group. The statewide emails link has been transferred to SharePoint. It will look a little different from the old Lotus Notes version of links, but the same basic information is still included. Attachments are saved separately, however, which makes them more visible and accessible.

Find the new statewide emails SharePoint site from the intranet homepage by clicking on “statewide emails” under the quick links section on the left - <http://wwwi/intranet/> (link works for active employees only).

Note: Emails sent to users March 20 - 26 are not included on the SharePoint list. Older emails prior to Feb. 25 will be added.

Adding It Up: About That Balance

The newest video from the State of Missouri Deferred Compensation Plan is available on their website. This month’s topic focuses on the concept of using deferred comp for an income stream throughout retirement - [About That Balance](#).

You can also check out other video topics, exploring where your money will come from in retirement and why your deferred compensation plan savings are an important part of your income equation.



March Service Anniversaries

40 Years

Richard L. Tiemeyer - CO
Sharon M. Monroe – CO

35 Years

Daniel L. Roach - NW
Terry Lee Lancaster – SL

30 Years

Erik Wilhelm Mewes - KC
Vincent E. Reel - SL
Brian Gregory Dewey - SW
Keith A. Gentry – SE

25 Years

Gary L. Peasel - NE
Mary M. Wilson - NE
Michelle Lee Bolden - KC
Robbie C. Nolting - CD
Donna Carol Ferkel - SE
Jeffery Lee Downing - SE
Randy R. Cook – CO

20 Years

Mary K. Drennan - NE
Billy Ray Brooks - KC
Christopher A. Moore - CD
Matthew G. Willard - SW
Kim Elizabeth Temmen - CO
Kimberly D. Minnick – CO

15 Years

Richard W. Fowler - NE
Christopher S. Knapp - NE
Gary D. Tolivar - NE
Lisa Lynne Kruse - NE
Michael Lynn Forson - KC
James Frederick Hager - CD
Michael G. Corley - SL
Gregory Darin Smith - SW
Jason Edward Eidson - SW
Stephen D. Phillips - SW
Curtis A. Buxton - SW
William H. Crenshaw - SW
Eddy Lambeth - SW
Herschel David Trammell - SW
Rodney Harpenau - CO
Roberta L. Jacobson – CO

10 Years

Timothy E. Hills - NE
Adam W. Thompson - NE
James W. Huber - NE
Dean Martin Luecke - CD
Celine A. Whitaker - CD
Wallace J. Alford - CD
Crystal Gail Huckstep - SW
Shannon Dale Johnson - SW
Michael Jason Piper - SW
Brenda Sue Beerly - SW

10 Years Continued

Kenneth W. Beck - SW
Thomas D. Sisson - SE
Anthony M. Young - SE
Donald Gene Young - SE
William J. Wilder - CO
Marisa M. Senevey – CO

5 Years

Christopher A. Pickering - NW
Christopher Leon Talbert - NE
Trent Paul Young - NE
Harold Leroy Jones - NE
Derrick A. Whelan - NE
Anthony Wayne Snorgrass - KC
Thomas K. Stewart - CD
Paul R. Watson - CD
Christopher M. Endraske - SL
Matthew D. Geiger - SL
Matthew Philip Schultheiss - SL
Mark D. Simon - SL
Eric S. Smith - SL
Cody G. Sanny - SW
Michael R. Judd - SW
Robert Chad Rideout - SE
Matthew M. Dockins - SE
Kenneth M. Kuk - SE
Scott D. Jones - CO

March Retirements

Darryl B. Elliott – CD – 28 years
Mark A. Strobel – CD – 30 years
James A. Middleton – SL – 26 years
Michael K. Earls – SL – 30 years

Larry G. Doelling – SL – 29 years
Michael D. Hobbs – SW – 25 years
Harold J. Buttram – SW – 25 years

Mike D. Stafford – SE – 29 years
Jerry L. Spencer – SE – 26 years
Thomas S. Braden – SE – 27 years

In Memoriam

Howard Murray
former D8 – February 22
George Foster
former D9 – February 23
Wanda Kosmicke
former D4 – February 24
Clarence Hisel
former D1 – February 27
Donald Jackson
former D6 – February 27

Ralph Knipp
Central Office – February 28
Donald Eagleburger
Central Office – March 1
Raymond McKelvy
former D4 – March 3
James Fishback
former D3 – March 3

Alva Hawkins
former D10 – March 6
Theron Miller
former D4 – March 7
Charles Dykens
former D7 – March 15
Yvonne Gray
former D5 – March 22

Connections

The mission of Connections is to be a source of Missouri Department of Transportation news and

Comments & Suggestions

We would like to hear from you. Send comments and suggestions to Tammy Wallace at Tammy.Wallace@modot.mo.gov.

To view or print other pages, click on the links below:



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Home
Central Office

Districts

Northwest

Northeast

Kansas City

Central

St. Louis

Southwest

Southeast

Archives

Print Page

Print
Entire Edition

Celebrate National Nutrition Month

Confused by how many servings of fruits and vegetables you should eat each day? What does a serving of broccoli look like? The United States Department of Agriculture (USDA) Healthy MyPlate icon makes it simple.

- Fill half your plate with fruits and vegetables at each meal.
- Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes and broccoli along with other vegetables for your meals.
- Add fruit to meals as a side dish or dessert.

By filling half your plate with fruits and vegetables, you will meet the recommended amount of fruits and vegetables — and you won't have to worry about doing all the math.



March is National Nutrition Month. Use this month to improve your eating habits by filling half your plate with fruits and vegetables. Click on the graphic above to read more.

Note: The Wellness Newsletter is a monthly publication provided by Robin Gammon, Coventry's wellness coordinator. The newsletter will be a regular feature in Connections.

How to Make Healthy Foods More Fun For Children

Children's growing bodies need healthy foods. You can encourage kids to eat healthy foods by making it fun. Here are some great tips from the USDA:

1. **Smoothie creations** – Blend yogurt or milk with fruit and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!
2. **Delicious dippers** – Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasoning such as herbs and garlic. Serve with vegetables, broccoli, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.
3. **Caterpillar kabobs** – Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.
4. **Personalized pizza** – Set-up a pizza making station in the kitchen. Use whole wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas in the oven to warm.
5. **Frosty fruits** – Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make popsicles by inserting sticks into peeled bananas and freezing.
6. **Bugs on a log** – Use celery, cucumber, or carrots sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want.
7. **Put kids in charge** – Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

Source: Choosemyplate.gov

Building Safety

by Tim Taylor

As you know, a secure workplace is the responsibility of each MoDOT employee. One of the most important ways for any facility to be secure is controlling access to prevent unauthorized entry. Unfortunately, it only takes one “slip up” to allow an individual with bad intentions to enter one of our buildings and a tragedy to occur.

The most common way unauthorized entry occurs is through “piggy backing.” “Piggy backing” is when an employee is entering or exiting a building through a secured (locked) door, and an unauthorized person follows the employee in to the building or enters the building after the employee exits (but before the door has closed). In any event the result is the same – someone now has entered the building without authorization.

No matter the work area, whether it be 830 MoDOT Drive, 601 W. Main, 105 W. Capitol Avenue or any other Central Office location, each of us must be vigilant to avoid such occurrences.



To Prevent Piggy Backing:

- When entering a building do not just let someone follow you in. Politely ask them if they are a MoDOT employee – if they answer “yes” ask them to scan in.
- In the event they tell you they do not have an access card because they are from another district, just ask them if you can see their ID.
 - If they don't have one, kindly direct them (from the outside of the building) to the public entrance but do not allow them to enter the building.
- If the person is not an employee and they are attempting to enter through an employee door (locked door) please direct them to the public entrance.
 - If this occurs at the rear public entrance at 105 W. Capitol, you must escort the person to the Customer Service desk at the Capitol Avenue entrance.
- Lastly, when you leave a building through a secured door make sure the door closes behind you so someone can't grab the door before it closes.

Although most of the time an unauthorized person will not pose a threat, bad things can happen. Taking just a few seconds to be vigilant can prevent a tragedy.

Thanks for doing your part to keep our workplace secure and safe.

March Health & Safety Tips

Severe Weather

Spring is the season most associated with severe weather (thunderstorms, flooding, and/or tornadoes) although it can occur at any time during the year. The best way to save lives during severe weather is to have a plan and to have a basic knowledge of severe weather.

Warm, humid conditions are the most favorable environment for thunderstorms to form and they typically last an average of 30 minutes. They are preceded by a dark or sometimes greenish sky, dark, low-lying clouds and produce periods of heavy rain, strong winds, flash flooding, hail, lightning and thunder.

All thunderstorms are dangerous and should be taken seriously. If you can hear thunder, you are close enough to a storm to be struck by lightning.

The Difference between a Watch and a Warning (according to the Storm Prediction Center)

A **watch** means conditions are favorable for severe weather to develop. A tornado watch includes the possibility of multiple tornadoes.

A **warning** is issued when the weather event is happening NOW!

Tips to Stay Safe:

- Avoid traveling if possible. If you are in your car when severe weather strikes, pull over. Do not try to outrun a storm.
- Go indoors if you are outside. If you are outside and no shelter is available, go to a low-lying area, such as a ditch,



- and lie flat.
- If you are indoors, go to the basement or the lowest level of the building away from windows and doors.
 - If you are in a mobile home, abandon it in favor of a more substantial structure.
 - Remember the “30-30” rule: After seeing lighting outside, go indoors if you cannot count to 30 before hearing thunder.
 - Stay inside for 30 minutes after hearing the last clap of thunder.

It is hard to predict when severe weather will occur, but being prepared when it does occur can help save lives.

Stay on top if storm predictions, watches and warnings with the National Weather Service - <http://www.nws.noaa.gov/om/severeweather/index.shtml>.

Central Office Happenings



Ice Aged Team Has “Spot On” Good Time For Charity!

For the fourth year in a row, the Ice Aged team and their supporters made a generous contribution to Missouri’s Special Olympics by participating in the annual Polar Bear Strut and Plunge at the Lake of the Ozarks on February 22.

The 5K strutters raised \$357 and took home top honors. Anup Choudhury won the “Top Walker” award and Brian Reagan took gold in the male walker category. Josh Carey and his wife, Anna, both won silver in the male and female age 20-29 runner categories.

The Ice Aged plungers raised an additional \$2,270 and the ‘101 Dalmations’ costumes earned the team a bronze plunger in the Team Golden Plunger Awards category.



Top: Polar Bear Strutters (left to right) Anup Choudhury (IS), Anna Carey, Josh Carey (TP), Brian Reagan (TP), not pictured: Stephanie Underwood.

Bottom: Polar Bear Plungers (standing from left to right) Drew Williford (TP), Josh Carey (TP), Machel Watkins (TP), Anup Choudhury (IS), Megan Denkler (TP), Brian Reagan (TP), Dave Silvester (CD); (kneeling) Anna Carey and Bev Koetting (TP).



How to Succeed at Behavior Change

A Mee Zone Event
By Robin Gammon, Coventry Wellness Coordinator

Tuesday, April 22, - 11 am to 12:00
Central Office Human Resources Training Room B
601 West Main

Have you ever tried to set a goal, but you fell short? Ever tried to lose weight, but couldn’t stick to that diet? Or tried to stop smoking, but picked up those tempting cigarettes again?

Here Are The Facts:

- Only 8 percent of people who set New Year’s resolutions succeed.
- Between 2 and 20 percent of people maintain weight loss long-term.
- Only about 4 to 7 percent of people are able to quit smoking on any given attempt without medicines or other help.

Why don’t we have better success rates when trying to change our behavior? Because change is harder than we think, and we often fail to understand the factors that lead to real, lasting behavior change.

This event is free. To sign up, visit [LMS Student Center](#) - Course Number 92000 – How to Succeed at Behavior Change.

District employees can attend by video conference. Choose District Attendance (VC), then check with your local HR office for video conference locations.

Note: Robin, an employee of Coventry, is MODOT and MSHP’s dedicated Wellness Coordinator. Robin is a registered dietitian and has her master’s degree in Health Education and Promotion.



Jewish Passover
An Equal Opportunity and Diversity Event
By Paula Fuhro, MoDOT’s St. Louis District

Tuesday, April 8
10 a.m. – 11:30 a.m.
Central Office Conference Room 100

Paula will discuss the specifics of the Jewish Passover celebration.
Sign up for this free event through the [LMS Student Center](#) - Course Number 24287 – Jewish Passover.

For questions, please contact Adam Hoffman at 573.526.5611.

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The mission of Connections is to be a source of Missouri Department of Transportation news and feature articles that connect employees statewide.

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Comments & Suggestions

We would like to hear from you. Send comments and suggestions to Tammy Wallace at Tammy.Wallace@modot.mo.gov.

Mission

Our mission is to provide a world-class transportation experience that delights our customers and promotes a prosperous Missouri.

To view or print other pages, click on the links below:



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A Publication for Employees of the Missouri Department of Transportation

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Home
Central Office

Districts

- Northwest
- Northeast
- Kansas City
- Central
- St. Louis
- Southwest
- Southeast

Archives

Print Page

Print Entire Edition

Northwest Innovations

Congratulations to the six teams from the Northwest District headed to the Innovations Challenge Showcase at the DOMInno meeting in Springfield.

All Innovations entries were evaluated by employees from across the state to narrow the pool from more than 100 entries to the 60 who will be competing in Springfield. Eighteen innovations were submitted to the statewide team and of those, six were chosen to compete at the Showcase.

Please wish the following teams luck as they share their talents with the judges in Springfield:

Tool & Equipment

Guardrail Groomer - Brookfield Senior Maintenance Worker Steve Rodgers and Brookfield Senior Maintenance Worker Tammy Rhoades

Projects for Internal Operations

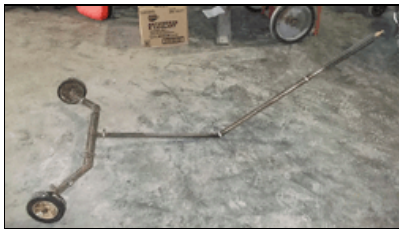
Generator Monitoring System - Electrician Kevin Johnson and Senior Information Systems Technologist Cindy Gamache

Emergency Reference Markers Layer on Traveler Information Map Interactive Map - Senior Highway Designer Jeff Burns, Senior Highway Designer Mike Mooney and CO Senior GIS Specialist Randall Hoskins

Stockpile Calculator - Senior Construction Inspector Russ Love and Assistant District Construction and Materials Engineer Austin Hibler



Eliminating the need for crew members along the shoulder, reducing safety hazards and strains and injuries, the guardrail groomer is hydraulically operated by the motor grader operator. It also works on wet material, which is difficult for crews to push.



Using parts found in their shop, the undercarriage washer is a tool that has eliminated the need to get under or raise the truck to wash dirt, grime and salt from trucks. It has greatly reduced the rusting out of oil pans since it was implemented.

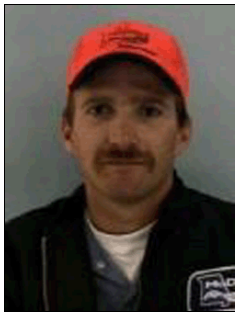
Productivity

Undercarriage Truck Washer - Maryville Senior Equipment Technician Jeff Redden

In the 2014 Innovations Challenge, each district can have 18 winners. Each district winner will receive up to \$75 per person. Up to 12 Showcase winners will take home up to \$425 per person and as many as six statewide best practices will earn \$10,000 for their district or division budget.

To learn more about the Innovations Showcase and how you and your team can enter, contact this year's coordinators, Area Engineer Tonya Lohman or Assistant District Construction and Materials Engineer Austin Hibler.

Supervisor Heads To MPAA Finals



The fast talking of Northwest District Maintenance Supervisor Jeff Pittman, Savannah Maintenance, has once again earned him a spot in the finals of the Missouri Professional Auctioneers Association State Bid Calling Championship. Pittman is the owner of Pittman Auction Service and passed a preliminary bidding round at the recent winter conference held in Excelsior Springs, Mo.

Pittman has been auctioneering professionally since 1996 after he attended the Missouri Auction School. This is the second time he has advanced to the final round of the championship. The final round will be held at 10 a.m. on Aug. 7 at the Missouri State Fair in Sedalia, Mo.

In The Field

Recently our Mound City maintenance crew took on a tube replacement challenge. This 84 inch tube replacement on Route N in Holt County eclipsed their usual "big" tubes, which are 48 inches. They had to strut the tube to keep it from collapsing when they replaced the fill and compacted it.

Mound City Supervisor Mike Lewis was very proud of the excellent job his crew did over the three and one-half day project, as they don't usually install tubes this large. Great job, team!



A massive amount of digging was required to install the 84-inch tube along Route N.



Struts were placed inside the tube to keep it from collapsing during the fill and compaction process.



This view shows just how much drainage there is in the area, requiring such a large tube.



The finished project. Good job, Mound City crew!

For more info

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Comments & Suggestions

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To view or print other pages, click on the links below:



Connections

A Publication for Employees of the Missouri Department of Transportation

March 27, 2014

Northeast
District

Home
Central Office

Districts
Northwest
Northeast
Kansas City
Central
St. Louis
Southwest
Southeast

Archives
Print Page
Print
Entire Edition

Highway 79 Project Wins Award

Despite several barriers to overcome putting down a new concrete surface, adding guard rail, and extending/improving the shoulders for bike lanes, the Highway 79 project completed between Hannibal and Saverton, has won an “Excellence in Paving” award by the MO/KS Chapter of the American Concrete and Paving Association. It was rated the best Portland Cement Concrete Overlay Paving Project completed in the state of Missouri in 2013.

“The project was challenging, primarily because of the traffic control issues,” said Marty Lincoln, P.E., resident engineer for the Hannibal Project Office and overseer of the project.

“There are some tourist destinations with entrances and major employers along this road, so we had to work closely with them and the general public to ensure they had access to Highway 79 throughout the project,” Lincoln explained.

While people were excited about the new 5 inch concrete overlay and the expanded bike lanes, many, including several hundred area residents in the area, were concerned about the extensive work zone and the long detour. The project scheduled was adjusted to accommodate the 4th of July holiday, as well as some of the tourist season.

“In the end, it all worked out, and we had very few complaints,” Marty said.

Marty recently spoke at the MO/KS Chapter ACPA conference held in Kansas City, sharing the process and results of the Highway 79 project. It was at this conference he accepted the award on behalf of MoDOT.



Martin Lincoln, Jr., Hannibal Project Resident Engineer, (left) is pictured holding the award for the Highway 79 Project, presented by the MO/KS ACPA at their annual conference in Kansas City. “Everyone, at one point in time from the Hannibal Project Office, worked on the project,” Marty said. “So this is a team award!” Project Office staff were: Gerri Smith, Beth Brown, Andy Long, JD Burke, Kent Worthington, Jackie Bordeleau, Justin Dwight, Tom Shrum, Dan Fox, Alan Williams, Dennis Hollingsworth (retired), and Chris Brownell. Mike Bross and Tim Bennett (right), of Bross Construction, contractors on the project, are pictured with the award and a display photo of the project.

Around the District...

It was a beautiful day for Chief Engineer Ed Hassinger to check out roads in Northeast Missouri and visit with several employees, including New Cambria and Work Life Center staff. A good discussion on NE Pavement & Bridge plans and the long-range transportation plan were held among some of the district team. District Engineer Paula Gough indicated she was very proud of the quality of questions employees asked of Chief Hassinger.



New Cambia employees Jim Arbuckle and Derrick Whelan listen intently to Chief Engineer Ed Hassinger during his visit last Friday.



After the Battle of the Belt presentation at Scotland County High School, the entire student body [grades 7-12] gathered for this photo with the banner. Their yearbook photographer took the picture from the balcony.

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Comments & Suggestions

We would like to hear from you. Send comments and suggestions to Tammy Wallace at Tammy.Wallace@modot.mo.gov.

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To view or print other pages, click on the links below:



Connections

A Publication for Employees of the Missouri Department of Transportation

March 27, 2014



Home
Central Office

Districts

- Northwest
- Northeast
- Kansas City
- Central
- St. Louis
- Southwest
- Southeast

Archives

Print Page

Print Entire Edition

Murdick Sentenced for Death of MoDOT Worker

A Jackson County judge sentenced David Murdick Friday, March 7, to nine years in prison for involuntary manslaughter in the Sept. 21, 2012, death of MoDOT Motorist Assist Operator Clifton Scott on Interstate 70 in Kansas City.

“Losing Clif was overwhelming, but perhaps the hardest part for everyone to accept was that this was a totally preventable tragedy,” said Chris Redline, Kansas City assistant district engineer during his statement to the court during the sentencing hearing. “Clif should still be here today, helping keep motorists safe on our roads.”

Scott, a 15-year veteran with MoDOT, was putting up cones to warn drivers of a crash near Interstate 70 and 291 Highway in September of 2012 when Murdick sped through the cones, hit Scott and killed him. Court records say Murdick had a blood alcohol content twice the legal limit to drive of .08. At the time of the crash, Murdick was working as an attorney in Kansas City.



“It is ironic that Clifton died trying to ensure Mr. Murdick’s safety. But, that is what Clifton loved to do – keep people safe, just like all the other heroes who work at MoDOT,” Redline said.

In his statement to the court on MoDOT’s behalf, Redline asked the court to consider sending a strong message with Murdick’s sentence to anyone who even thinks about getting behind the wheel after having a drink. “What does it take? One drink - ten? We don’t know, but the end result can be the same. In this case, it’s the loss of a great man, father, son, fiancé, brother and integral part of our MoDOT family.”

The Kansas City District employees were so touched by the loss of Clif, they raised \$2,400 to install new signs designating a portion of I-70 the Clifton J. Scott Memorial Highway in September 2013 as part the MoDOT Day of Remembrance and in honor of the one-year anniversary of Clifton’s death.

Clifton began his career with MoDOT in June of 1997 as a Maintenance Crew Worker. He was later promoted to intermediate and then senior crew worker, before joining Motorist Assist in August of 2002. On Sept. 17 just four days before his death, Clifton celebrated 15 years of service and 15 years of no loss time due to an on-the-job injury.

In November of 2001, Clifton received the Meritorious Safety Award for helping to save the life of a co-worker. On that day, he and his co-worker, Craig Burgett, were patching potholes on I-470 in a mobile operation when a tractor trailer collided into another MoDOT truck with Maintenance Worker Richard Strader inside. The vehicles were forced off the right side of I-470 and rolled down a slope. Clifton and Craig ran to the scene, forced the driver’s door open and pulled the unconscious Richard to safety just before the truck caught on fire. This is just one of many reasons Clifton will forever be remembered by his MoDOT family as a hero.



Kansas City Launches Pothole Patrol in the District

MoDOT recently kicked off an enhanced pothole repair initiative throughout the state. Through the rest of the month of March, maintenance crews are committed to repair potholes within 24 hours after reported. MoDOT will aggressively respond and patch potholes to keep highways smooth and safe for Missouri motorists.

In Kansas City, the media turned out for a pothole patching event to score some exclusive interviews and shots of the team in action.

"Our goal is to have potholes repaired as quickly as possible, and by the time you drive the same location a day later it should be repaired," said MoDOT Kansas City District Engineer Dan Niec. "We know our aging infrastructure is prone to potholes this time of year and we are making every effort to keep our roads as safe and smooth as possible."

Potholes form when temperatures warm up during the day, but continue to be cold at night. This is the main cause of potholes in highways and why they are prevalent during the spring. The rain and snow from winter leave moisture that seeps into cracks and joints in the pavement. When the temperature drops, the water freezes and expands the pavement. This expansion causes the pavement to bulge and crack. When cars drive over the bulging, cracking pavement, it eventually causes chunks of pavement to pop out, creating the pothole.



MoDOT encourages motorists to use one of the following tools to report the location of a pothole at any time:

- Call one of our Customer Service Representatives. They're available 24/7 at 1-888-ASK MODOT (888-275-6636)
- Use our Report A Road Concern form at modot.org
- Use your smart phone or tablet with a mobile friendly form at modot.org/roadconcern
- Email us at comments@modot.mo.gov
- Tell us on social media. Find us on Twitter @MoDOT_KC and Facebook at www.facebook.com/MoDOT.KansasCity

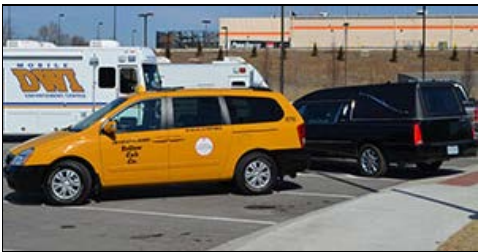
Hearse, Police Car Present Visual Story About Choices

If your choice is a cab, a police cruiser or hearse, which would you choose? That was the visual story presented at the annual distracted driving campaign kick off month.

With that in mind, transportation safety advocates and law enforcement officials from throughout the Kansas City area launched a concerted effort to crack down on impaired driving through Operation Impact during March.

This year's theme, "Choose Your Ride," emphasizes that drinking and driving is a conscious choice – and one of the worst decisions a person can make.

The National Highway Traffic Safety Administration, MoDOT's Traffic and Highway Safety Division, the Kansas Highway Patrol, the Missouri State Highway Patrol, Kansas City Police, KDOT and law enforcement from Missouri and Kansas brought in patrol cars, sobriety checkpoint vehicles, a taxi cab and a hearse to illustrate the choices and consequences.



Throughout 2013 in Missouri, 198 people were killed and 579 seriously injured in accidents that involved at least one substance-impaired driver. From 2011-2013, there were 68 fatal crashes and 200 serious-injury crashes involving a substance-impaired driver under 21 in Missouri. There were 84 people killed and 312 seriously injured in these crashes.

Youth make up a significant proportion of substance-impaired drivers causing traffic crashes on Missouri roadways. During last spring's Operation Impact, law enforcement officers arrested 412 drivers in just a three-day period. A significant portion of those arrests were young drivers, many under 21, even though it is illegal for anyone under 21 to possess or consume alcohol in Missouri. Missouri has a Zero Tolerance Law. If you are under 21, your license will be suspended if you're caught driving with even a trace of alcohol in your system.

But young drivers aren't the only target of Operation Impact. In 2012, MoDOT lost Motorist Assist Operator Clifton Scott, a victim of a drunk driver who was just sentenced to nine years in prison for the fatal crash on I-70. Scott's niece, Porsha Jones, gives testimony today of the heartbreaking loss that drunk driving can cause.

Connections

A Publication for Employees of the Missouri Department of Transportation

March 27, 2014

Central
District

[Home](#)

[Central Office](#)

Districts

[Northwest](#)

[Northeast](#)

[Kansas City](#)

[Central](#)

[St. Louis](#)

[Southwest](#)

[Southeast](#)

[Archives](#)

[Print Page](#)

[Print
Entire Edition](#)

Cross Training Program Paying Dividends

The Central District customer relations and maintenance departments have kicked off a cross-training program to help each department better understand how the other functions on a daily basis. The program is designed to increase efficiency and communication between the two departments by sharing ideas and processes.

During the month of March, maintenance crew leaders from several Central District sheds came to the district's Customer Service department to learn how to fill out a call report, use the contact map and to learn how the Traveler Information Map works. Maintenance supervisors also viewed winter road conditions, flood conditions and work zones in the Transportation Management Systems.

The CR team plans to head into the field with the maintenance supervisors during the month of April and May.



Crossroads Fund Helps District Workers

Central District employees recently stepped up to assist a fellow employee through the Employee Crossroads Fund.

The Crossroads Fund is designed to provide assistance to employees who are experiencing significant hardship through serious illness, either their own or an immediate family member, or a life changing catastrophic event.

The fund comes from a district-wide pool, which receives voluntary monetary contributions from district employees. Contributions are raised through direct donations and fundraising activities conducted by employee groups.

The fund provided Fulton Intermediate



Maintenance Worker Matt Canole money to assist with medical bills in his battle against a medical condition. Canole expressed thanks to the Crossroads Committee and Central District employees for the assistance.

For more information on the Crossroads Fund, or to donate to the fund, please contact Duane Kliethermes at (573) 751-7701.

Around the District



This photo is from a recent visit to the KC Scout by members of the Central District Management Leadership Academy. The Academy is designed to give the next step in a career path for upcoming superintendents, supervisors, and crew leaders. The training shows them what to expect when making this change plus reveals what the next level goes through on a daily basis. They also help acclimate them to other areas of MoDOT by showing who they can contact for help in certain situations. If you would like to know more info about the MLA contact district spokesperson Rich Skelton of the Columbia maintenance building.



Calvary Lutheran High School of Jefferson City was a co-winner of the Battle of the Belt Competition in 2013-14. This school has had 100 percent seat belt usage in their school for the third year in a row.

For more info

Sally Oxenhandler

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To view or print other pages, click on the links below:



Connections

A Publication for Employees of the Missouri Department of Transportation

St. Louis
District

March 27, 2014

Home

Central Office

Districts

Northwest

Northeast

Kansas City

Central

St. Louis

Southwest

Southeast

Archives

Print Page

Print
Entire Edition

Barrel Bob Shares Work Zone Safety Message in St. Patrick's Day Parade

by Shaunda White

For the second year, Barrel Bob in his green attire, along with the Voice of St. Louis group, participated in the St. Patrick's Day Parade on March 15 in downtown St. Louis. Over 40 MoDOT St. Louis employees and their families helped raise work zone awareness at the parade by handing out bags of candy with safety messages attached.



Barrel Bob and St. Louis Employees participate in the St. Patrick's Day parade in downtown St. Louis.

Each bag was filled with candy corn, which represented safety cones, with the message "Don't Barrel through Work Zones". In addition to the candy, the Voice of St. Louis group wore green Barrel Bob hoodies which also had the safety message written across the back.

"The appearance of Barrel Bob alone is a constant reminder that people should pay close attention while driving through work zones. Having him in parades intensifies that message, so we will continue to have him participate in as many parades as possible," said Voice of St. Louis Team Leader, Keith Harangozo.

For more information on Barrel Bob, visit

facebook.com/MOBarrelBob.

2014 Regional Diversity Conference Highlights Workplace Communication

by Shaunda White

The St. Louis district recently hosted its regional Diversity and Inclusion Conference to give employees the opportunity to engage in open discussions on the benefits of diversity and its impact on MoDOT. The rationale of the conference is to create a climate of inclusion and respect, where everyone feels valued and comfortable to be themselves. This year's speakers were:

- Dr. Tim Crowley, CEO and founder of Crowley Leadership, Inc.
- Donna Deetz, Owner of Performance Plus Associates
- Attorney Mavis Thompson, Certified Diversity Facilitator



Dr. Tim Crowley (front of class) presents on "Celebrating Diversity and Inclusion in the Workplace."



Donna Deetz (far left) breaks employees into age defined groups and teaches the "Understanding Generational Differences" session.



Mavis Thompson (standing) goes into detail with employees concerning "Overcoming Gender Communication Barriers."

St. Louis Maintenance Worker Tony Rocchio Earns Safety Recognition for February

by Shaunda White

Tony Rocchio, a maintenance worker from the Ballas building, earned safety employee of the month recognition for February. He received the recognition because of his commitment to safety by constantly ensuring that his co-workers and their safety equipment are always up to par.

Rocchio began his employment with the department in December 2012 and was nominated by two employees, Belay Nerea and Shane Lowe.

Lowe, a Ballas maintenance crew leader, stated that currently Rocchio is their building safety representative. Because of Rocchio’s commitment to working in a safe environment, he constantly reminds his co-workers of the importance of wearing and checking the condition of their personal protective equipment.

Nerae, a material inspector, added that he would always see Rocchio cleaning the mirrors and safety signs on the maintenance trucks. Rocchio’s actions would ensure that the maintenance truck as a whole would provide its fullest potential in enhancing safety on the highways.

Rochhio’s Supervisor, Mike Fogg said,“Tony takes his position very seriously and he constantly educates the entire maintenance building on safety. He makes sure that safety is a number one priority in our building. As a matter of fact, if you are a field worker and you enter our building not properly covered, you may get what the crew respectfully calls a ‘Tony Ticket’.”

Fogg has expressed that Rocchio has earned the respect and support from the entire Ballas crew and they truly appreciate everything he does to keep them safe.



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Comments & Suggestions

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To view or print other pages, click on the links below:



Connections

A Publication for Employees of the Missouri Department of Transportation

March 27, 2014

Southwest
District

Home

Central Office

Districts

Northwest

Northeast

Kansas City

Central

St. Louis

Southwest

Southeast

Southwest District at Work



Road Repair - Cassville Maintenance Worker Dustin Terry (left) and Monett Senior Maintenance Worker Jeff Bateman, patch a pothole along Route Y north of Cassville as part of MoDOT's Pothole Patrol. (Photo / David Mitchell)



Spring Cleaning - Mt. Vernon Senior Maintenance Workers William Thomas (left) and Steve Smith clean a salt spreader after the harsh winter weather, making it ready for springtime operations. (Photo / David Mitchell)

Archives

Print Page

Print
Entire Edition

Six Southwest District Innovations to Compete for Statewide Honors

by David Mitchell

Six workplace innovations developed by Southwest District employees will be entered in MoDOT's statewide Innovations Challenge in Springfield this April.

Those six entries were chosen from a total of 34 submitted by employees from all divisions of the district in December 2013. Evaluators used criteria including originality, likelihood of being used elsewhere in the state, whether it saves money and whether it impacts productivity.

Winning entries chosen to be displayed at the statewide DOMInno (which stands for Deliver Operate Maintain Innovate) meeting in Springfield will compete with innovations from other districts and the Central Office.

The idea behind the challenge is to recognize employee-initiated ideas that improve productivity, safety and efficiency in MoDOT operations.

Southwest District entries include (click on the images below to view videos of each entry):



Digital Bin Scale, Mt. Vernon Maintenance (Greg Hill, Dennis Roethemeier) – Developed a digital bin scale with a dump gate on the front. It is being used to calibrate sanders. It mounts on loaders at each maintenance building and saves time and fuel by eliminating the need to drive to a scale. It was built at about half the cost of bin scales available on the market.

Field Inspection Form, Clinton Project Office (Tim Taylor, Brett Foster) – While testing an iPad for MoDOT uses, they modified some field inspection forms used in Construction/Materials into PDF

writeable reports, including bulletin board inspections, wage rate and land disturbance inspection forms. This allowed forms to be completed and sent in real time on any smartphone or electronic device regardless of whether connected to the network.



Trench Gutter, Design (Tyler Goodwyn) – Designed modified drop inlet covers combined with a trench grate and retrofitted into existing drop inlets along Kearney Street (Historic Route 66) in Springfield. The new design relocates the drop inlets outside the wheel path. The benefits include longer life for the inlets and grates, a smoother road surface and safer drive.

Portable Striper, Nevada Maintenance (Ron Chadd, Matt Gayman, Mike Burchell) – Developed a portable striper that eliminates the use of tape and tabs making for an efficient way to cover partial overlays freeing up the big striper for use on larger projects. It mounts in the bed of a Ford 550 truck and weighs 1,100 lbs. It requires less equipment and manpower.



Snow Plow Stand, Neosho Maintenance – Designed a snow plow stand that eliminates the need for jacks or blocks when working on plows. The stand attaches to the bottom of the plow blade allowing for a safer, easier and quicker process when changing blades or attaching/detaching plows to a truck. The stand provides a safe, level and solid base on which to set the plow.

Sign Cluster Clip, Cassville Maintenance (Richard Munoz, Darrel Arnold) – Developed a piece of equipment to improve sign cluster stability by keeping sign clusters at intersections rigid instead of slipping or sagging to one side or the other. The innovation eliminates the need for drilling extra holes in the sign to increase stability (which impacts reflectivity) and eliminates the need for making constant adjustments to the cluster.



Statewide winners will be announced April 8 in Springfield.

Missouri Coalition for Roadway Safety Joins Regional Effort to Combat DWI

by David Mitchell

The Missouri Coalition for Roadway Safety's Southwest Region is partnering with 21 law enforcement agencies in the Ozarks banding together to combat the problem of driving while intoxicated.

The Central Ozarks Regional DWI Task Force is made up of police departments and sheriff's departments from five counties and the Missouri State Highway Patrol's Troop D.

A kickoff news conference was held in Springfield March 11 announcing the new task force.

Task force members call this the "next evolution in the battle against impaired drivers."

"This regionalized approach allows for the sharing of resources," said Pam Holt, Executive Director of Missouri Safe and Sober. Holt said the effort is based on a successful model from Joplin.



"Each agency can ask for help with sobriety check points and other efforts," Capt. Ben King of the Springfield Police Department said. "Task force members then provide manpower and equipment to the requesting agency."

By combining efforts, member agencies hope to make a greater regional impact beyond what they could do on their own.

In 2013, there were 139 fatalities and 428 disabling injuries in the Southwest Region related to drugs and/or alcohol. So far in 2014 there have been at least 37 such fatalities. Numbers for disabling injuries aren't yet available.

"Reducing DWI related fatalities and serious injuries is a top priority with the Missouri Coalition for Roadway Safety," said Joe Rickman, Southwest District Traffic Engineer and chair of the Missouri Coalition for Roadway Safety Southwest Region.

"We have partnered with the Task Force to ensure that the necessary equipment is available for use and that they are able to transport that equipment to any member agency's location when needed," said Rickman.

Funding for the task force comes from the budgets of its members and from MoDOT's Division of Highway Safety grant program.

Connections

A Publication for Employees of the Missouri Department of Transportation

March 27, 2014

Southeast
District

Home
Central Office

Districts

Northwest
Northeast
Kansas City
Central
St. Louis
Southwest
Southeast

Archives

Print Page

Print
Entire Edition

Southeast District to Host Work Zone Awareness Run / Walk

April 5 in Willow Springs

MoDOT's Southeast District is inviting Missourians to help kick-off National Work Zone Awareness Week in Southeast Missouri with a fun run/walk this April.

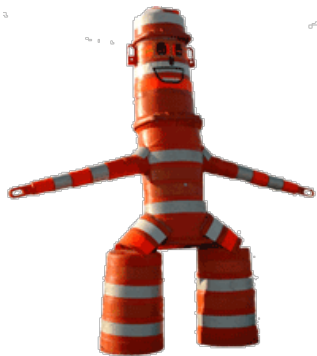
The event will be held Saturday, April 5, with the race starting at the Willow Springs High School Football Field. Registration will begin at 8:30 a.m., and the race will begin at 9:30 a.m. Participants may choose to show their support for work zone safety by taking part in a 1-mile fun run/walk or 5K.

"National Work Zone Awareness Week will officially begin Monday, April 7," said Assistant District Engineer Chris Rutledge. "Hosting the event on Saturday is a good way for us to promote the upcoming work zone awareness festivities across the state and get Missourians involved."

Registration is \$10 for adults and \$5 for children (under 10). Proceeds will go to MoDOT's Benevolent Fund.

"This event is a great opportunity for Southeast Missouri families to join the MoDOT team in raising awareness about the importance of work zone safety," said Rutledge.

For more information or to access the registration form, please visit http://www.modot.org/southeast/news_and_information/special_events/workzoneawarenessrunwalk2014.htm. More information is also available by contacting Senior Highway Designer Melanie Elmore at 417-469-6238 or Melanie.Rickard-Elmore@modot.mo.gov, or Senior Design Technician Nathan Moss at 417-469-6242 or Nathan.Moss@modot.mo.gov.



Barrel Bob plans to be at the Southeast District's Work Zone Awareness run / walk! To join in, visit www.modot.org/southeast.

IIDA Honors Marston Welcome Center



"Echo Blocks" decorate the outside of the Marston Welcome Center.

With its New Madrid Earthquake and Mississippian culture themes, the Marston Welcome Center serves as a stopping point for many travelers along Interstate 55 in New Madrid County.

The center features picnic areas, a playground, benches and walking trails for travelers, in addition to the typical facilities found at a rest stop. But it was actually its design that was recently honored with an award from the International Interior Design Association-West Plains Chapter (IIDA).

Specifically, the design association noted the echo blocks on the welcome center's exterior walls and the ornate decorations on the interior walls as the deciding factors for receiving the recognition.

During the design phase, MoDOT worked with the Osage Nation, a federally-recognized Native American tribe, to ensure the symbols were properly depicted.

The Marston Welcome Center is located on southbound I-55 at mile marker 42.4.

Crowley Engages Audience at Diversity, Inclusion Conference in Southeast District

Dr. Tim Crowley, CEO and founder of Crowley Leadership, Inc., visited the Southeast District March 26 to discuss celebrating diversity and inclusion in the workplace.

Assistant District Engineer Chris Rutledge began the workshop by introducing Crowley and emphasizing his view of leadership. According to Crowley's biography, he believes leadership is less about title or position and more about everyday actions and the way we impact the lives of those around us.

The workshop attendees were quickly engaged with Crowley's personal stories and techniques, as he began by asking attendees to find a partner and move around the room.

According to Crowley's biography, his goal is to help us all be more effective in our work, more caring in our relationships and more successful in our lives. His motto is, "Enjoy life-This is not a dress rehearsal!"



Dr. Tim Crowley gained audience participation as he posed a series of questions and asked attendees to respond by raising their hands.

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